

**ALTON
PARKS &
RECREATION**

603-875-0109

**Creating Community
Through People,
Parks and Programs**



e-mail: parksrec@alton.nh.gov

www.altonparksandrecreation.com

Summer Programs

WHAT'S NEW THIS YEAR:

**Couch To 5K ~ Kids Nature Program ~ Soccer Squirts
Fitness over 40 ~ Zumba ~ New Yoga Classes ~ World Cup Soccer
More Geocaches Added ~ Trips to NYC & Martha's Vineyard
Golf Lessons ~ Bike & Hike Events ~ Compost Bin Sale**

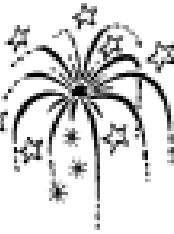
Family Events

FIREWORKS in Alton Bay **INDEPENDENCE DAY CELEBRATION**

Sunday, July 3, 2011 at 9:20pm
Rain Date: Saturday July 9, 2011
East Bay Jazz Ensemble Concert
will be held at the bandstand at 7:00pm

OLD HOME DAY CELEBRATION

Saturday, August 13, 2011 at 9:20pm
Rain Date: Saturday, August 20, 2011
The ECHO TONES CONCERT
will be held at the bandstand at 7:00pm



CONCERT SERIES *Get outside and dance & sing.*

7:00pm-9:00pm, Alton Bay Bandstand, Free. Bring a seat or blanket and enjoy the concert at the lake. All ages.

July 2 ECHO TONES Classic Rock
**Sponsored by Meredith Village Savings Bank
July 3 EAST BAY JAZZ ENSEMBLE
July 9 JOSE DUDDY Country
July 16 NOTEABLE DECADES 50's-90's & Broadway
July 23 60'S INVASION 60's Music
July 30 LISA YOUNG BAND Top 40, Motown, Oldies
Aug. 6 JAMES BARNES** Folk Music

**Sponsored by Alton Home & Lumber Center
Aug. 13 THE ECHO TONES Classic Rock & Roll
Aug. 20 BEN RUDNICK & FRIENDS** Family music
**Sponsored by Meredith Village Savings Bank
Aug. 27 PONY EXPRESS Country & Western



CANOE & KAYAK RACE *Get outside & float.*

**Sponsored by River Run Deli & Boat Rentals.
Canoe the scenic Merrymeeting River to Alton Bay, two portages. Register before June 6, 2011 and receive a race shirt, limit two people per boat. Recreational, racing and kayak categories. Prizes awarded to category winners. Register race day at 8:30 am.
Boat rentals available for \$10.
Sunday, June 26, 2011
10:00am River Run Deli parking lot, Rte. 28
\$20 per watercraft/double, \$10/single



ALTON BIKING CLUB *Get outside and ride.*

Drop in anytime and pedal your bike on local trails. Bring a water bottle, snack and appropriate gear including your own bike. Most rides are 60-90 minutes. Each week locations will be announced. Call for directions and locations. Under 16 must be accompanied by an adult.

Thursday nights, June 2-September 1
5:30pm, Trail head in Alton, Free.



PADDLE CLUB *Get outside and paddle.*

Drop in anytime and paddle your canoe or kayak in Merrymeeting River. Launch from the River Run Deli. Rentals are available for \$10 if needed. Go at your own pace- all levels welcome. Participants under 16 must be accompanied by an adult.

Tuesday nights, June 21-August 30
5:30pm, River Run Deli Parking lot- Free



OLD HOME DAYS - in Alton Bay

Celebrate the Town of Alton with Community Members.

AUGUST 13th, 2011

5K ROAD RACE 9:00am
CRAFT FAIR 10:00am-5:00pm
VINTAGE BOAT SHOW 9:00am-12:00pm
OLD FASHIONED PARADE 2:30pm
BINGO for all ages 4:00pm (bandstand)

Co-Sponsored by Meredith Village Savings Bank

FIRE DEPT CHICKEN BBQ 4:00pm (Rte 140)
CONCERT- ECHO TONES 7:00pm-9:00pm
FIREWORKS 9:20pm

AUGUST 14th, 2011

CRAFT FAIR

9:00am-3:00pm



OLD HOME DAY CRAFT FAIR

Get outside and stroll.

Handmade New England craft items including: fine wood crafts, organic skincare, candles, fleece, stoneware pottery, Native American, jewelry, fabrics, quilts, floral, photography, maple products, doll furniture, handmade candies, soaps, and much more. Free Admission.

Railroad Square Park and Alton Bay Community Center

August 13- 10:00am-5:00pm

August 14- 9:00am-3:00pm

5K ROAD RACE *Get outside and run.*

Computerized timing provided by Granite State Race Services, results posted online. USATF Certified Course through Alton. Every mile marked. Water at start, finish and 1.5 miles. Scenic, slight varying paved course. Traffic control and ambulance personnel stationed along the route. Refreshments available at the finish line. Awards to overall male and female, first Alton male/female, top male/female finisher in each category and walking. Long-sleeve t-shirts will be available for pre-registered runners on a first come first served basis. Special raffle during the awards ceremony, open to all registered runners.

August 13, 2011; 9:00am,

\$15 pre-registered, \$20 race day, Alton Bay Bandstand
Co-Sponsored by Meredith Village Savings Bank



TOWN WIDE YARD SALE *Get outside and browse.*

Looking for special treasures or unique items? Try the Town Wide Yard Sale. Alton community members will be sponsoring a giant Yard Sale. All locations are marked on the "Yard Sale Locator Map" with a star.

Saturday, June 4, 2011; Rain date is June 5, 2011

9:00am-3:00pm

Free maps available at A.V.A.S. Public Park,
Town Hall, Gilman Library, and Alton Banks.



BICYCLE RODEO

Get outside and bike.

Sponsored by Alton Parks & Rec. & Alton Police Dept.

Bring your bicycle and participate in our skills course and receive a free bicycle safety check. Meet the Alton Police officers and collect their trading cards. There will be K-9 demonstrations and more.

May 14, 9:00am - 11:00am; Rain date is May 15.

Prospect Mountain High School



TOUCH-A-TRUCK *Get outside and climb.*

Town departments will display community work vehicles to look at, touch and see how they operate. Vehicles include: fire truck, ambulance, police car, dump truck, tractor and more. Be an excavator and dig in our sand box. ID kits, K-9 demonstrations and more.

June 25, 9:00am-11:00am

Rain location: Alton Highway Dept.



GEOCACHING-GPS ADVENTURE GAME

Get outside and seek.

Great news!! We just added new caches in Alton/Alton Bay. Geocaching is an entertaining adventure game for GPS users. Experience lakes, mountains, wildlife and spectacular views on your way to find hidden caches. Take a treasure, leave a treasure and make an entry in the notebook. Remember, it's all about the journey, not the destination! Check out the website www.geocaching.com for information on how to get started and waypoints for Alton Parks and Recreation caches. Please contact us if you need more information.

FAMILY SPORTS & FITNESS *Get outside and do.*

Join us as we hike and bike some of the best trails in the area. Enjoy the great outdoors at its best. Transportation for bikes to the trailhead is available. Please register for the trips at least 2 weeks in advance. Under 16 must be accompanied by an adult. Beginner-Intermediate. Free.

HIKE: Locke Hills Interpretive Trail, Gilford: Gradual Switchback trail to top of the hill with views of Gilford and Lake Winnepesaukee. Family friendly, self-guided nature trail through numerous habitats, 2-3 miles, 60-90 minutes. Wednesday, June 29, 9:00am P&R office, 9:30am Trail Head.

BIKE: Scenic lakeside trail through the woods. Trail is part of the rails to trails railroad system. Choose: 6 miles or 12 miles, approx. 60-90 minutes. Monday, June 27, Thursday, July 14, Monday, July 25, Thursday, August 4- Wolfeboro Rail Trail, Wolfeboro: 6:00pm- P&R office, 6:30pm- Trail Head.

HIKE: The trail varies from logging road to wooded and ledges, great view of the Lakes Region. Challenging hike. 3 miles, 3 hours. Tuesday, July 19 and August 2- Mt Major, Alton: 9:00am- P&R office, 9:30am- Trail Head.

COUCH-TO-5K-

June 6-August 5-

Register by June 1

\$25 includes 9 week

guided training and

Alton Old Home Day

5K Race Registration.

A motivating program

that has helped thousands of new runners get off the couch and onto the roads, running 3 miles in just two months.

This program will get you fit in a go at your own pace format that promotes individual success.

The program is the tool- you are the fuel.

Three 20-30 minute workouts per week, including one as a group which you can choose Mondays at 8:30am or Wednesdays at 7:00pm- meet at the B&M Railroad Park.

Program goal is to run and finish the Alton Old Home Day 5K Race on August 13.

Yes, you can do it!

NEW PLACES TO SEE

Statue of Liberty & Ellis Island- July 28

The Statue of Liberty was a gift of friendship from the people of France to the people of the United States and is a universal symbol of freedom and democracy. \$130 includes transportation by deluxe motor coach from Concord Coach Terminal, Ferry transportation, and pedestal tickets to enter any level of the Statue of Liberty National Monument including the museum.

Martha's Vineyard- August 19

Cruise to the island just 8 miles off of the Massachusetts coastline. Explore the six island towns, take a walk along pristine shores, includes 2 ½ hour narrated island tour. Opportunity to ride the Flying Horses carousel- the oldest continuously operating carousel in the country. \$120 includes transportation by deluxe motor coach from Concord Coach Terminal.

Little Pesaukees Play Group

This free drop-in program is open to all children newborn to five years of age and is held at the Alton Bay Community Center on Tuesdays and Thursdays from 9:00am-11:00am. Come and meet new parents and children. This program is a drop-in playgroup and is not an organized pre-school program; parents must stay and supervise their children during the program. Parents are also asked to please bring a peanut free snack for their own child. Activities will include: reading books, snack-time, and free play- we will provide the books, puzzles, toys and games. This is a great program to introduce you and your child to other members of the community. Please contact us at the Alton Parks and Recreation office if you would like more information or visit www.LittlePesaukees.org.

YOUTH ACTIVITIES

Program Guidelines and Rules for your safety:

1. Participants must be pre-registered in advance. Check for space availability if registering after the stated deadline.
2. Your child must be picked up promptly upon dismissal of a program. You are responsible for your child when the program ends. A late fee of \$1.00 per minute will be charged for each minute after our end time.
3. Children will only be released to adults listed on the registration form or released to an adult with written permission from the parent. Please secure transportation to and from the program before signing up.
4. Our programs are for fun however sometimes we encounter children that need guidance on appropriate behavior. Misbehavior by participants will not be tolerated. Disciplinary actions include a time out, call to the parents and dismissal.

When preparing your children to attend our outdoor activities please remember to do the following:

1. Apply sunscreen/sunblock clothing to your child to prevent sunburn.
Staff are not permitted to apply sunscreen.
2. Send extra drinking water with your child.
3. Be sure to dress your child in play clothes (they could get dirty during crafts, sports or activities).

Encourage your child to have fun, make new friends and enjoy everything our program has to offer!

PRE-SCHOOL ACTIVITIES

These are held at the Alton Bay Community Center on Mondays for ages 3-5 from 10:00am-11:30am. Each activity includes a snack. They are tailor made for little hands and will usually includes lots of hands on, messy fun- remember to dress for the mess. Participants must be toilet trained. Remember to apply sunscreen, we will be playing outside. Please register early, space is limited.

Music in Me

Get ready to shake it! Unusual songs, musical games, rhythm instruments and marching bands, it's sure to be a rockin' good time.

July 11, \$5.00 per person

Register by June 28



What's My Name?

It's all yours and there is no one else quite like you! Let's celebrate your individuality. Make & take name puzzles and other creative ways to show and share your star quality

July 18, \$5.00 per person

Register by July 5



Fun-damentals

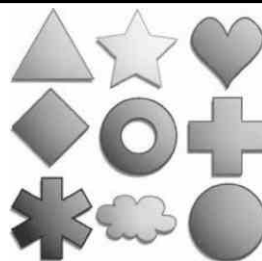
Patterns, sorting, colors and shapes.

Come explore the fun-damentals and excitement of preschool with our hands on learning opportunities.

Your creativity is the key.

July 25, \$5.00 per person

Register by July 12



It's A Jungle Out There

Imagine stepping into the greenest and darkest depths of the jungle. You are greeted by the calls of the jungle wild. You walk slowly and carefully as you enter deeper into this jungle scenery. If this sounds exciting to you then join us for a crafting safari full of imagination and fun.

August 1, \$5.00 per person

Register by July 19



PLAYTIME WITH PLAY DOUGH

Preschoolers and play dough are the perfect combination. Let's start from scratch and whip up a batch of colorful and sweet smelling play dough for each of us. Everyone gets to take home a little bag of fun.

August 8, \$5.00 per person

Register by July 26

YOUTH ACTIVITIES

Totally Fun Tuesday Afternoon Programs

For ages 6-11, held at the Alton Bay Community Center from 1:00pm-3:00pm. Please bring a bathing suit, towel and apply sunscreen each day- we will go swimming in the lake.

Color Colliglon

Let's kick the summer off with some cool creative crafts. With a little bit of magic and a lot of imagination, the possibilities are endless.

July 5, \$6.00 per person

Register by June 28



Pizza Social

We're having pizza with friends as we play cooperative and board games. We will end the social with swimming at the dock. Join in the fun as we reconnect with friends from school and talk about our amazing summer fun.

July 12, \$6.00 per person

Register by June 25



Wet and Wild

It's hot and the sun is shining. Are you ready for some wild fun in the sun? Be prepared, you WILL get wet. Our afternoon will include waves of wet and wild water games and relays. Caution- water balloons are flying. After a cool snack we will take a jump off the dock.

July 19, \$6.00 per person

Register by July 8



CANDY BAR BINGO

Join us for a fun afternoon of BINGO. All participants need to bring along one FULL size candy bar (\$.50 or larger) to put into the prize pool. Bingo winners will choose a candy bar and one name out of a hat for a door prize. There will be two winners for each game. Everyone goes home with a prize.

July 26, \$6.00 per person

Register by July 12



Ice Cream Sundae Time

We are serving delicious ice cream on a hot summer afternoon. Join your friends for a make you own sundae extravaganza. We will finish up with a swim in the lake.

August 2, \$6.00 per person

Register by July 18



Bend A Who?? Bend a Roo!!

Shape'Em, Wrap'Em, and Stick'Em. It's sure to be an afternoon of amazing, flexible, building fun. Build, draw and decorate with Bendaroos- amazing, flexible building sticks. There is always so much to do. After a fun summer time treat we will go swimming in the lake.

August 9, \$6.00 per person

Wildly Cool Wednesday Programs

For ages 6-11, held at the Alton Bay Community Center from 11:00am-3:00pm. Please bring a lunch, bathing suit, towel and apply sunscreen each day- we will go swimming in the lake.

Minute To Win It

We are playing the hit game show using household items to compete in individual and team challenges with only 60 seconds on the clock. Each task offers new twists and turns that will have you shouting, "Did you see that?" Challenge yourself- you've got a Minute to Win It!

July 6, \$10.00 per person, register by June 24

Hawaiian Hulabaloo

A luau is the perfect way to celebrate summer. A tropical blast of colorful fun, festive music, fruity snacks, playing limbo and riding the Alton Bay waves. Surf's Up. Join the party.

July 13, \$10.00 per person, register by July 1

SCIENTIFIC EXPLORATION

Spend the afternoon with us creating your own interesting and out of the ordinary scientific experiments. We make science fun. Mix up a batch of GAK, build a volcanic explosion and create your own terrarium.

July 20, \$10.00 per person, register by July 9

Woodworking 101

From start to finish build your own woodworking project. We will start with a kit full of materials. You choose the item you want to build, pick out the colors and put on the finishing touches. It will be a step by step project for all ages and abilities.

July 27, \$10.00 per person, register by July 16

Happy Birthday to Me!

It may not be your actual birthday but it's time to bake your own birthday cake. You are the baker and can make your special cake the way you like it- bring your ideas to try. Be creative. Complete with candles and birthday wishes.

August 3, \$10.00 per person, register by July 16

SKIT AND IMPROV

Do you like to act or tell jokes? Then this activity is the one for you. Participate in games, skits and songs that will test your ability to think on the spot. Our afternoon will be full of entertainment to develop a performer's creativity and quick thinking skills.

August 10, \$10.00 per person, register by July 28

GET OUT AND EXPLORE!

With Steve Renner, Wildlife Ecologist

For ages 6-11, held at the Alton Bay Community Center or B&M Railroad Park from 8:00am-11:00am. Please bring a snack, water, walking shoes, water shoes and rain gear. Programs are held rain or shine. \$8 per day or \$20 for the three day mini-camp. Please register by July 5.

Forest Friends

Explore diverse upland forest on a guided walk to Levey Park. Make your own tree identification book with bark and leaf rubbings, help build a blind and watch for forest critters, and learn how to measure tree height. We will also check pit traps for insects and other forest creatures, look for wildlife tracks and signs and play eco-friendly games.

July 19, Alton Bay Community Center porch.

Wetland Wonders

Explore swampy forests and boggy marshes as we delve into the wetlands at the B&M Railroad Park. Use dip nets to identify the wetland's inhabitants and get a close-up look at the many microscopic animals and plants that live there. We will learn about the predator-prey relationships and the important roles wetlands play in the environment through games and demonstrations. We will collect vines to make an all-natural wreath and keep an eye out for turtles, frogs, salamanders, birds and more.

July 20, B&M Railroad Park.

Shoreline Survey

Explore where land meets water on the shores of Lake Winnepesaukee. We will sift through materials from the bottom of the lake to look for aquatic invertebrates, seine for microscopic organisms, comb the shoreline for animal signs and maybe even throw a fishing line in to see what we can catch, identify and release. We will also make note cards stamped with some of the cool treasures we discover. Be ready to do wet wading for this one.

July 21, Alton Bay Community Center porch.

MEDITATION FOR KIDS - AGES 10-13

Learn simple, effective techniques to reduce the impact of stress. When the body is relaxed and your mind is calm it is easier to study, work out problems and be the "best you" can be. These tools are important for a lifetime. Please register by July 7.

Monday, July 11, 10:00am-12:00pm
Gilman Museum, \$35

REIKI 1 FOR KIDS - AGES 10-13

Learn about Reiki, the oldest self-healing method there is, and what it can do for you. Learn the hands on process, history and ways to practice and share your skills with others. Make a positive difference in your life and the lives of others. Please register by July 7.

Monday, July 18, 10:00am-2:00pm
Gilman Museum, \$35

YOUTH SPORTS/CAMPS

GOLF LESSONS- *Get outside and swing.*

Ages 5-13 years can learn the great game of golf from Randy Annis, Golf Instructor at the ideal location for young golfers- Bolduc Park in Gilford. Lessons include: putting, grip, stance, take away, hitting balls, chipping, golf swing, basic fundamentals and etiquette. Tuesdays.

Choose session:

Session 1: May 10, 17, 24

Session 2: June 7, 14, 21

Choose time:

5:30pm-6:30pm

6:30pm-7:30pm

\$40 for 3 lessons, weather permitting.

Call for session availability.

Class size is limited to 10.



JUNIOR GOLF LEAGUE- *Get outside and putt.*

Golf players, ages 5-13 are invited to participate in the Junior Golf League at Bolduc Park in Gilford, beginners are welcome.

\$5 per week, 5:00pm-6:30pm on Wednesday nights starting June 1 and ending August 31. Call the Alton Parks and Recreation office for more information.

US SPORTS INSTITUTE- *Get outside and play.*

MULTI SPORTS AGES 6-14

9:00am-12:30pm- \$149 or 1:00pm-4:00pm- \$129

MULTI SPORTS AGES 6-14

9:00am-4:00pm, \$179- please bring a lunch

Learn and play over 15 different sports from around the world including: Bocce, Flag Football, Lacrosse, Rugby, Tennis, Baseball, Cricket, Field Hockey, Net Ball, Soccer, Badminton, Basketball, Volleyball, Handball, Polo, Softball, Parachute Games and more. This is the only sports camp dedicated to the truly sports minded youngster.

July 25-29; Jones Field, Monday-Friday,
includes camp shirt.

US SPORTS INSTITUTE- *Get outside and learn.*

SPORTS SQUIRTS- AGES 3-5- 4:30pm-5:30pm, \$79
A great way to introduce children to a variety of new and exciting sports including soccer, t-ball, basketball and lacrosse.

July 25-29, Jones Field; Monday-Friday,
\$99- includes camp shirt.

WORLD CUP SOCCER- *Get outside for kicks.*

For ages 6-12 and all abilities. This soccer camp pushes the fun factor for children. Each day players will enjoy learning soccer skills influenced by different countries from around the world. Bring shin guards, soccer ball and water bottle. Min.15.
August 1-5, Jones Field, 9:00am-12:30pm.

\$154- includes camp shirt

*Choose to be active,
Choose to have fun
Choose to be happy.*

SOCCER SQUIRTS

Get outside and make new friends.

For ages 3-5. Learn the basics of soccer through a program of structured activities and fun based games designed to stimulate a child's imagination and develop motor skills. Bring shin guards, soccer ball and water bottle.

August 1-5, Jones Field, 2:00pm-3:00pm;
\$69- includes camp t-shirt

RED CROSS SWIMMING LESSONS

Get outside and cool off.

Classes are offered in New Durham by the New Durham Parks and Recreation Department. Call for information: 859-5666.

Please register directly with New Durham Parks and Recreation and contact them for their session dates.

RECREATION SOCCER LEAGUE

Get outside and be your best.

Sign up now~ **DEADLINE TO REGISTER IS AUGUST 1.** Please note: Late registrations will not be accepted, no exceptions. If you fail to register on time all we can do is put you on a waiting list and if a spot opens up you will be required to pay an additional late fee. Please register early.

General Information: Practices will be 1-2 evenings per week in Alton. Games will be held on Saturdays at local community fields. Volunteer coaches are needed, background checks and coaches training are provided. Please volunteer to be a coach or an assistant if you are interested. The volunteers make the program possible. Our focus is fun, positive sportsmanship and learning new skills.

Equipment needed: All players must have their own soccer ball, shin pads- worn at all times, water bottle, black shorts and black/red socks. Please purchase the correct size ball for your soccer player to aid in their management and control of the ball. The size number is printed on the ball.

Boys and Girls Co-Ed Soccer Grades 1-2, size 3 ball
Boys Soccer Grades 3-4; Girls Grades 3-4, size 4 ball
Boys Soccer Grades 5-6; Girls Grades 5-6, size 4 or 5
Co-Ed Soccer Grades 7-8; size 5 ball

\$30.00 registration fee. The first practice starts August 20. Please arrive at Jones Field on August 20 at the following times: Grades 1&2-8:00am; Grades 3&4-9:00am; Grades 5&6- 10:00am; Grades 7&8- 11:00am (if you are not able to make the first practice call 875-0109- a spot will be saved). Games will begin September 10, 2011.

Deadline to register is August 1.

\$30.00 registration fee before/on August 1, \$50.00 after August 1 and placed on wait list.

*Parks and Recreation
...the benefits are endless*

ADULT FITNESS

ALTON YOGA CENTER

Certified Yoga Instructor Sheila Marston leads our lakefront Yoga classes. All classes are held at the Alton Bay Comm. Ctr and are \$28 for a 4 week monthly session or \$8 per class, drop in. Yoga classes are reimbursable by many health insurance companies. Please pre-register to reserve your space.

FREE CLASSES- Check out and try the Yoga Classes before signing up. Free classes will be offered June: 13, 16 and 18. Please contact us by June 9 to reserve your space in the free class. Please note- space is limited.

Restorative Yoga- A Yoga Class for total relaxation of the body and mind. Gentle flow starts the class to warm up the body and spine. Props are used for complete supportive relaxation and poses are held for 7-10 minutes. Each class ends with a guided relaxation. Renew your spirit, reduce stress, relieve anxiety and leave with a sense of serenity.

Mondays, 7:00pm-8:00pm

July 11-Aug. 29- Please register to reserve your space.

Intermediate Yoga- This class is geared toward participants who have been practicing Yoga and know basic postures. We will focus on several breathing techniques, postures and proper alignment. Thursdays, 7:00pm-8:00pm; Drop in anytime.

Yoga Flow- Sun salutations and a variety of postures that flow together using the breath.

Saturdays, 7:45am-8:45am; Drop in anytime.

Yoga Express- Held at the Gilman Museum- Rte. 140 Focus on core strengthening, toning and traditional postures. 45 minute class packs it all in. \$10 for 2 people- bring a friend and get fit or \$5 per class Mondays, 8:15am-9:00am

July 11-Aug. 29- Please register to reserve your space.

FITNESS OVER 40

With Certified AFAA Personal Trainer- Kellie Troendle Our new fitness class geared toward the over 40 exerciser brings the personal training component into a motivating group atmosphere. The class is designed to improve muscle strength, balance, flexibility, body tone and endurance by using hand held weights with a combination of functional exercises. Modifications will be offered for all levels. Please bring water, mat or towel and light weights if you have them. Mondays and Wednesdays, 9:00am-10:00am at the Gilman Museum.

July 11-August 17- Six week program- \$50- Please register before July 5 to reserve your space.

Check our website:

www.altonparksandrecreation.com

**for quick program information
including program descriptions,
dates, times and what to bring.**

Please recycle this brochure, if you already have one please give it to a friend.

ZUMBA

Our energized instructor, Michelle Andrews, will lead you through interval training routines combining fast and slow rhythms and resistance training to tone and sculpt your body while burning fat. We are adding fun and flowing music and it's a workout that your body will enjoy. Program is reimbursable by many health insurance companies.

Mondays and Wednesdays;

Alton Bay Community Center; 8:00am-9:00am.

\$40/4 week session or \$8 drop in.

Call the office for session dates.

GOLF LESSONS

Get outside and swing.

Learn the great game of golf from Randy Annis, Golf Instructor at the ideal location for new golfers- Bolduc Park in Gilford. Lessons include: putting, grip, stance, take away, hitting balls, chipping, golf swing, basic fundamentals and etiquette. Thursdays.

Choose session & time:

Session 1: May 12, 19, 26

Session 2: June 9, 16, 23

5:30pm-6:30pm or 6:30pm-7:30pm.

\$60 for 3 lessons, weather permitting.

Call for session availability,
class size is limited to 10.



OUTDOOR FIT CHALLENGE

Get outside and feel alive.

Get motivated, get fit and get outside. We are offering fun-filled waterfront workouts anyone can do using outdoor equipment for stretching, strength training, cardio and endurance. We will walk, run, hike, climb, do an obstacle course and more. There is a personal success training component with motivation, direction and nutritional tips. Make a difference in yourself and feel better by moving your body and getting outside. Outdoor Fit Challenge is a six week program and is reimbursable by many health insurance companies.

Tuesdays and Thursdays; 6:00am-7:00am

Alton Bay Bandstand; \$99

Call the Parks & Rec. office or www.fitchallenge.org
for the next session dates: June-August.

ADULT CO-ED VOLLEYBALL

The Adult Volleyball Program for players 18 years and older is currently being held at the Alton Central School. The program is free and players can drop in anytime, a signed waiver form and proof of personal health insurance is required to participate. No prior experience or commitment is necessary but be prepared for some coaching and tips so everyone can improve their skills. For day/time and additional information contact Steve Renner at 859-1450.

MEN'S BASKETBALL

Pick up games at Prospect Mountain HS on Thursdays evenings starting at 7:00pm for men 30 years and older. The program is ongoing and is free, drop in any time. For more information please contact Everett Clark at 520-7761.



ADULT SPECIAL INTEREST

MIKE BURKE VOLLEYBALL TOURNAMENT- *Get outside and dig.*

Co-Ed teams of four (one woman minimum required) will play for the tournament title. Prizes awarded.

All proceeds will benefit the Mike Burke Memorial Fund. Registration deadline is July 9. Max. 5 teams.

Sunday, July 31- A Team

Sunday, August 7- B Team

9:00am, Mike Burke Memorial Volleyball Court

\$20pp, includes tournament shirt and refreshments.

CO-ED ADULT SOFTBALL LEAGUE

Get outside and catch.

Games are held as scheduled at Town of Alton fields.

Games begin at 6:00pm. Check out our web site to view the league schedule. Call to join a team.

REIKI SHARING CLINIC

Have you heard about Reiki and want to try it yourself? Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. A treatment feels like a wonderful glowing radiance that moves through and around you. This is a great opportunity to experience a natural, non-invasive healing process. Please pre-register by July 7.

All ages are welcome.

July 12; Gilman Museum

5:30pm-7:00pm, Free

REIKI 1 FOR ADULTS

Learn about Reiki, the oldest self-healing method and what it can do for you. Learn the hands on process, history and ways to practice and share your skills with others. Make a positive difference in your life and the lives of others. Please register by July 7.

Wednesday, July 13, 10:00am-4:00pm,
Gilman Museum, \$150

COMPOST BIN SALE

A home compost bin and how-to-guide with a retail value of \$100 can be purchased for only \$45. The bin is black, has a 10 year warranty, and is made of 100% recycled plastic. It's approximately 33" high and 33" wide or large enough for a family of five. It's estimated 25% of the average household's waste consists of yard trimmings and kitchen scraps which can easily be composted.

Alton residents can save money for every ton of waste they compost because it is not shipped out of town for disposal. Call us to pick up yours today.

SENIOR ACTIVITIES

COUNTRY LINE DANCING LESSONS

Great exercise and a lot of fun in our air conditioned building. Learn new dances every week. All abilities are welcome.

Thursdays, June-September,

Drop in anytime.

1:00pm-3:00pm

Alton Bay Community Center,

\$3/summer season



SENIOR BINGO

Co-Sponsored with Profile Bank.

Alton seniors will enjoy playing novelty BINGO games and winning prizes.

Refreshments will be served.

June 17, July 15, August 19

1:00pm-3:00pm

Pearson Road Community Center, Free



WALKING/BE FIT CLUB

Get outside and walk.

Enjoy walking in the fresh air and looking at the birds, plants and wildlife. The program begins with a light warm up followed by strengthening exercises and a "go at your own pace walk".

Tuesdays and Thursdays.

Please register by July 1.

July 5-August 25

9:00am-9:45am, Minimum 5, Maximum 10

A.V.A.S. Public Park, \$8 for 8 wk session

Alton Senior Center Summer Programs

A nutritious and delicious luncheon is served at noon each day courtesy of the Community Action- Meals-On-Wheels program. Ongoing activities include watercolor, acrylic painting, drawing classes, tai chi, qigong and meditation classes, walking, hiking and kayaking groups, health and wellness clinics, trips, computer classes, a community garden, transportation services, educational guest speakers and more.

Please stop in at 7 Pearson Road

or call the Center's Director, Amy Braun

at 875-7102 for more information.

ALTON PARKS AND RECREATION

GROUND'S AND MAINTENANCE

DEPARTMENT

(603) 875-0109

STAFF

Kellie Troendle, CPRP, Parks & Rec. Director

Julie Parker, Office Assistant

Kristin Thomas, Youth Program Director

Larry Nolan, Maintenance

John Caswell, Maintenance

Joe Laurendeau, Custodian

Michelle Lizotte, Lifeguard

Chris Gentile, Lifeguard

PARKS AND RECREATION COMMISSION

William Lionetta, Chairman

Gerald Theodora, Member

Cydney Johnson, Member

Steve Renner, Member

Liz Shelton, Alternate

Cathy Burke, Alternate

Peter Bolster, Selectmen's Representative

Statement of Purpose

The Alton Parks and Recreation Department's mission is to promote and provide opportunities to enjoy meaningful leisure experiences with the provision of quality leadership, the development and maintenance of safe recreation facilities, the conservation and preservation of natural and open space and creative community programs which are all essential to the well being of our citizens and the positive quality of life in the Town of Alton.

Register Early For Programs

To run a good program, it is critical for everyone to sign up early! There are times that classes must be canceled if there are not enough registrants. This decision must be made by the deadline of the program so that those who may have signed up for the class may be notified. Please, register early and carefully note program deadlines. All participants must be pre-registered for programs.

Minimum Enrollment Required

In an effort to keep program fees as low as possible, minimum enrollment numbers have been established for all programs. Programs not meeting the minimum enrollment number by the registration deadline will be canceled.

Contact Information and Mail-In Registration

Phone: (603) 875-0109

Fax: (603) 875-0242

e-mail: parksrec@alton.nh.gov

Web Site: www.altonparksandrecreation.com.

Complete the registration form and mail it along with a check or money order (made payable to the Town of Alton) to: Alton Parks and Recreation Department, P.O. Box 659, Alton, NH 03809. For a returned receipt please include a self-addressed envelope.



New Addition:

B&M RAILROAD PARK

Offering a toddler playground, wetlands boardwalk, horseshoe pit, linking trail, picnic area and park benches. Come check out this great addition to our town!



Registration & Payment

Full payment is required with completed registration forms. Drop registrations at the P&R office or mail along with a check or money order payable to: Town of Alton, P.O. Box 659, Alton, NH 03809. No cash please. A \$25.00 fee will be charged for returned checks.

Refunds

Refunds will be issued if participants cancel before the activity begins minus a \$5.00 processing fee. Please note it takes two weeks to process a refund.

Photo Policy

Photos may be used in publications, web site, brochures or video productions.



Special Value Offer- Register by June 8 and receive a \$5 discount per person on your summer program registration (not including sports camps and soccer league).

Parks and Recreation Facilities:

Railroad Square Park- waterfront park, swim dock, boat launch, benches, picnic tables, drinking water, bandstand, phone.

Town Beach- swimming area, restrooms, benches.

Liberty Tree Park- two tennis courts, sand volleyball court, two basketball courts, skateboard park, slide and swings, picnic tables, benches, drinking water, canoe launch.

Jones Field- playground, baseball and softball field, fishing, picnic tables, canoe launch.

Levey Park- picnic area, trail, drinking water.

Harmony Park- fishing, picnic area.

Ginny Douglas Park- gazebo, benches, flowers.

Jones Field and Bandstand

Call 875-0109 to schedule facility use. Facilities are open to the public for family, or organization events.

BENEFITS THE PARKS & RECREATION DEPARTMENT OFFERS:

Personal Benefits

- Physical recreation and fitness contributes to a FULL AND MEANINGFUL LIFE.
- Regular physical activity is one of the very best methods of HEALTH INSURANCE for individuals.
- Relaxation, rest and revitalization through the opportunity of leisure is ESSENTIAL TO STRESS MANAGEMENT in today's busy and demanding world.
- Meaningful leisure activity is an essential SOURCE OF SELF-ESTEEM AND POSITIVE SELF IMAGE.

Economic Benefits

- Recreation and park services are often the CATALYST FOR TOURISM, a growing sector of our economy.
- A fit work force is A PRODUCTIVE WORK FORCE.
- INVESTMENTS IN ENVIRONMENTAL PROTECTION through the provision of parks and open spaces PAY FOR THEMSELVES.
- Parks and Recreation services motivate BUSINESS RELOCATION AND EXPANSION in our community.

Social Benefits

- Leisure provides leadership opportunities that BUILD STRONG COMMUNITIES.
- Community recreation REDUCES ALIENATION, LONELINESS AND ANTI-SOCIAL BEHAVIORS.
- Recreating together BUILDS STRONG FAMILIES, the foundation of a stronger society.
- INTEGRATED AND ACCESSIBLE LEISURE SERVICES are critical to the **quality of life** to people with a disability and disadvantaged individuals.

Environmental Benefits

- Parks and open spaces bring beauty to an area while GIVING PEOPLE SATISFACTION AND IMPROVING THEIR QUALITY OF LIFE.
- INVESTING IN THE ENVIRONMENT through parks and the provision of open space in residential areas leads to an increase in neighborhood property values through accessibility to environmentally friendly green spaces and associated recreation opportunities.
- The trend toward natural environment-based leisure activities is INSURANCE FOR A NEW AND IMPROVED ENVIRONMENTAL FUTURE.



Alton Parks and Recreation is a member of the New Hampshire Recreation and Park Association, the National Recreation and Park Association and the New England Park Association.

INSERTS PROVIDED FOR REGISTRATION OF PROGRAMS. PLEASE FEEL FREE TO PICK UP AS MANY AS NEEDED TO ACCOMPANY THIS SUMMER PROGRAM BROCHURE.



ALTON
PARKS &
RECREATION

RETURN PAYMENT TO: 328 Main Street
P.O. Box 659
Alton, NH 03809-0659

603-875-0109
Fax: 603-875-0242

e-mail: parksrec@alton.nh.gov

www.altonparksandrecreation.com

REGISTRATION FORM

For youth registration, please provide both parent or guardian names, addresses, phone numbers and e-mail.

Parent/Guardian Information

Name: _____

Address: _____

Evening Phone: _____ Day Phone: _____

Cell Number: _____ E-mail: _____

In case of emergency Please notify:

Name: _____ Relationship: _____ Phone: _____

Please indicate hospital preference: _____

Doctor's name: _____ Phone: _____

Please list others authorized for pick-up: _____

Participant	Gender	Date of birth	Grade entering	Program name	Cost
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Please enclosed a self addressed stamped envelope if you wish to have a receipt mailed to you.

Total Due: _____

WAIVER AND RELEASE OF LIABILITY:

Participation in this recreation program may involve risk of injury including but not limited to sprains, strains, torn muscles, eye and head injuries. As a parent, guardian or participant I attest and verify that I have full knowledge of the risks involved and that I am/my child is physically fit to participate in the program. In consideration for participation in the programs listed, I hereby for myself, my heirs, executors and administrators waive and release all rights and claims against the Town of Alton, Alton Parks and Recreation, it's officers, agents, employees and volunteers, except in the case of their sole negligence, from all losses, injury, damages, fees and other expenses arising out of or in connection with participation in the program. In addition, I give my permission for myself/my child to be treated by qualified medical personnel in the event that the parent/guardian listed can not be reached at the phone numbers provided.

Signature (Parent/guardian for participants under 18)

Date

MEDICAL INFORMATION:

Are your child's immunizations up to date? _____

Please list allergies/limitations: _____

Please list medications your child is taking: _____